

Pushing Buttons

拍數: 32 牆數: 4 級數: Beginner
編舞者: Anne Harris (UK)
音樂: Push the Button - Sugababes



WALK FORWARD X 3; TOUCH; LEFT SIDE; TOGETHER; LEFT BACK; TOUCH

1-3 Walk forward right, left, right
4 Left touch beside right foot (weight on right)
5-6 Left step to left side, right close beside left
7-8 Left step back, right touch beside left foot (weight on left) (12:00)

EXTENDED WEAVE RIGHT ENDING WITH LEFT TOUCH

1-2 Right step to right side, left cross behind right
3-4 Right step to right side, left step across front of right
5-6 Right step to right side, left cross behind right
7-8 Right step to right side, left touch beside right (weight on right) (12:00)

VINE LEFT WITH ¼ TURN LEFT; RIGHT SIDE; TOGETHER; RIGHT BACK; TOUCH BACK

1-2 Left step to left side, right cross behind left
3- Make ¼ turn left and step forward on to left
4 Right touch beside left (weight on left)
5-6 Right step to right side, left close beside right
7-8 Right step back, touch left toe back (weight on right) (9:00)

SHUFFLE ½ TURN LEFT TWICE; ROCK BACK; RECOVER; SHUFFLE FORWARD

1&2 Make ½ turn left and shuffle forward left
3&4 Make ½ turn left and shuffle back right
5-6 Rock back on to left, recover weight forward on to right
7&8 Left shuffle forward (left forward, right together, left forward) (9:00)

Easier options for 1&2, 3&4 simply shuffle back left, right

REPEAT
